

The Blanket of Perfect Health and Wellbeing by Stewart Blackburn and Pete Dalton

This is a genuinely useful practice and, for many people, a surprisingly nourishing one. We call it “The Blanket of Perfect Health and Wellbeing.”

At first glance, the phrase can sound idealistic, but this is not about pretending you do not have aches, diagnoses, limitations, or challenges. It is not about denial, or telling yourself everything is fine when it is not. What we are pointing to here is something subtler, and in many ways, more practical than that. It is a way of tuning into the vibration of perfect health and wellbeing and to bring it into the present and the future.

The practice begins by allowing yourself to relax fully. Just a moment of settling down.

Then, gently, imagine yourself as the picture of health. Not some idealized image you have to strain towards, but whatever “healthy” means to you. Notice how that version of you moves, breathes, stands, or rests. Pay attention less to how it looks and more to how it feels.

What does health feel like in your body? Perhaps it feels spacious. Or warm. Or quietly energized. Maybe it feels steady, calm, alive, or light. There is no right answer here. You are simply getting to know the feeling tone of health as your system understands it.

Allow that sense of health to fill your body. Let it spread gently, without effort. Imagine yourself wrapped fully in this blanket of wonderful health. Sit with it. Enjoy it. Get familiar with your healthy glow.

Now hold this feeling of perfect health and wellbeing while you also bring in an awareness of your future. You have the power to design your future to a very great extent. You do it with your focus. What you focus on guides your life into that reality.

While holding your feeling of perfect health and wellbeing, imagine yourself going from here into your future. You are programming

your future to unfold within the context of perfect health and wellbeing. Don't allow any thoughts of doubt or logic to interfere. This is about how you want things to be and how you will use your mind to hold the pattern of those things. Let other parts of your being bring about the fulfillment of your desires. Your job here is to be clear about what you want.

As you go from here, remind yourself whenever you can, that you want to live in perfect health. Allow what you perceive as your current reality to change to align with your desires. This is not about denying anything. It is about how you use your focus to craft the life you want, but to do that you must have a good idea of what that desired life looks and feels like. That's where your blanket comes in. Put all the good feelings and thoughts into your blanket and then use your blanket as you steer your life.

From a Huna perspective, feeling is not a side effect. It is central. Feeling is how imagination becomes real to the body. It is how ideas stop being abstract and start becoming lived experience.

This matters, because even when someone is dealing with ongoing health issues, injury, or limitation, the nervous system can still resonate with the feeling of health. That resonance provides orientation. A direction of travel. Not a demand for change, but a way of holding life differently.

In that sense, the blanket of perfect health is not something you use only when everything is going well. It can be especially supportive when things feel uncertain or constrained. It offers a way of relating to your body that is kind, cooperative, and forward-looking, rather than corrective or critical. And importantly, it feels good.

Feeling good is not frivolous. It is information. It tells the nervous system something about safety, possibility, and coherence. When the body receives that information regularly, it subtly influences posture, mood, choices, and how we meet the world.

Here is a simple way to work with these ideas. Once a day, or whenever you remember, take a minute or two to reconnect with your blanket of perfect health and wellbeing. You do not need a long

meditation although you might choose to indulge. However, what you need to do is simply to pause, sense into that quality of health, and let it wrap around you. Notice what shifts over time. Perhaps in how you inhabit your body. Perhaps in how you respond to challenges. Perhaps in the kinds of choices that feel natural to make. There is nothing to force here. No outcome to chase. Just an invitation to spend time with a feeling that quietly knows where it is going. If you want to explore this further, you might also notice when during the day you feel most alive or well, and what seems to support that. Curiosity is plenty.

The Blanket of Perfect Health and Wellbeing is an important tool and joins the other blanket feelings and awareness of Forgiveness, Gratitude, Appreciation, and Acceptance. They are all very useful and can be used in the summertime as well as winter.

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